EMBASSY PROTESTERS OUT ON BAIL
SEVEN MEN TO APPEAR IN COURT {page 6}

WINDOW SHOPPING
TIPS ON DRESSING UP YOUR WINDOWS
{page 21}

BORN TO BE
GOING GAGA AS METRO'S GUEST EDITOR {page 14}

OTTAWA metro®

Thursday, April 7, 2011
www.metronews.ca

News worth sharing.

Royal. Piece

▶ Governor General David Johnston holds a new coin at the Royal Canadian Mint in Ottawa yesterday.

FRED CHARTRAND/THE CANADIAN PRESS

Royal coin makes debut

The Royal Canadian Mint unveiled its latest collector coins commemorating the wedding of Prince William and Kate Middleton. The two coins marking the planned April 29 royal nuptials — a $20 silver coin and a 25-cent piece — go on sale April 18 and May 2 respectively, but the mint is taking orders immediately.

Health-care system needs surgery: Study

▶ Report says Canada's universal health-care system may need major changes to remain sustainable ▶ 'The prognosis is not good'

A former Bank of Canada governor has lobbed a medicare grenade into the federal election campaign, concluding that Canada's cherished universal health-care system is financially unsustainable without major — and unappealing — changes.

In a report released yesterday for the C.D. Howe Institute, David Dodge and co-author Richard Dion argue Canada is suffering from "chronic health-care spending disease."

"There is no easy way to manage the chronic health care spending rise," the report says.

"Even if we are incredibly successful in improving the efficiency and effectiveness of health care delivery. But the spending disease must be managed."

Dodge and Dion, a former economist with the Bank of Canada, says Canadians need to have "an adult discussion" about how to manage the problem.

So far, that discussion has not been taking place on the campaign trail, even though polls suggest health care is among the top issues on voters' minds.

None of the leaders has spelled out a plan for financing health care after 2014, when the current federal-provincial agreement on health transfers to the provinces expires. That agreement provides for an annual six per cent increase in transfer payments.

THE CANADIAN PRESS

Suggested fixes

- A "sharp reduction" in other programs and services provided by government.
- Increased taxes.
- Increased spending by individuals, either through some form of co-payment on insured services or by shortening the list of services covered by public health insurance.
- A "major degradation" of publicly insured health-care standards, including longer wait times and poorer quality services, along with development of a second-tier privately funded system to provide better quality care for those willing to pay for it.

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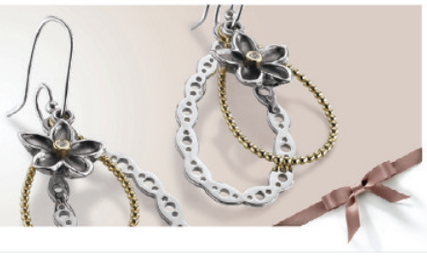

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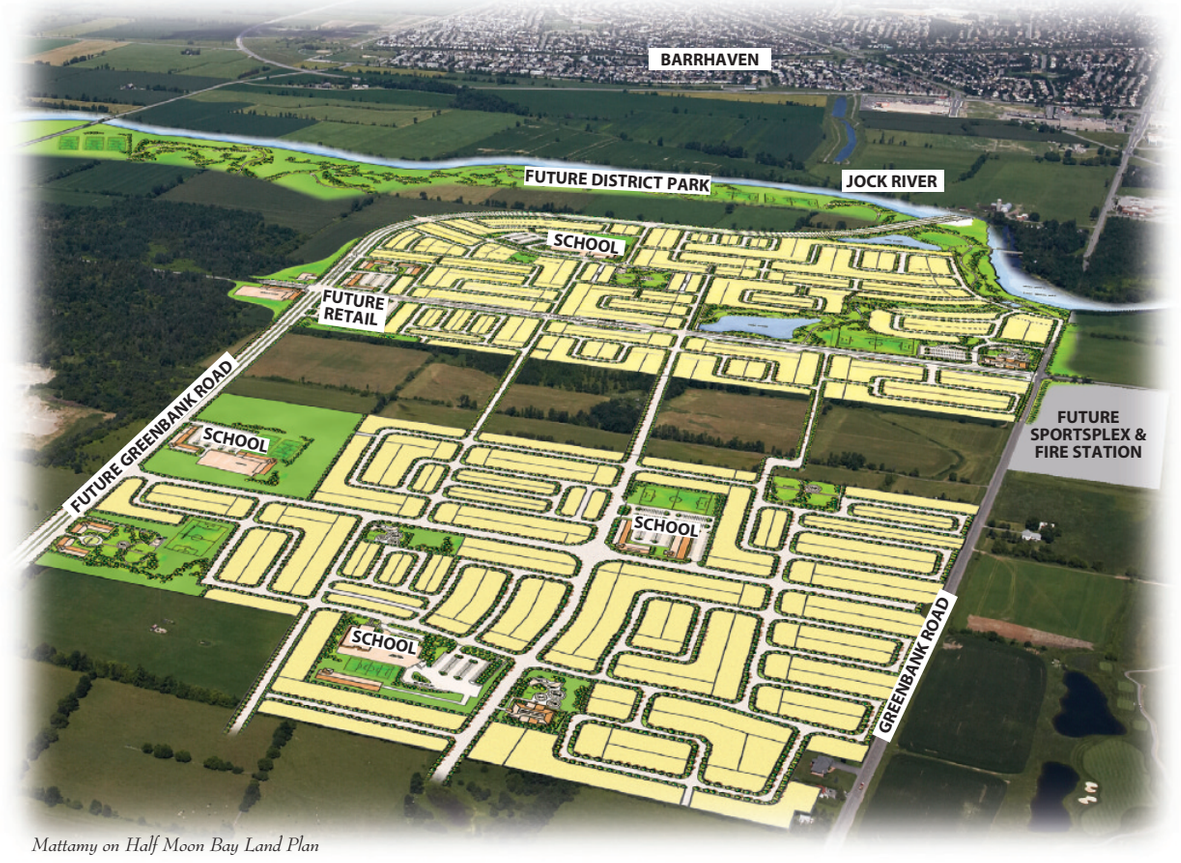

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Hydro feels heat over Sens seats

Hydro Ottawa says it won't be buying any more Ottawa Senators tickets after documents showed it spent $28,449 for seats in the 2010-11 season.

Mayor Jim Watson said in a statement he is "very unhappy" with the news of the expenses and will bring a motion to Hydro Ottawa's board of governors to prohibit spending on hospitality and business perks.

Hydro Ottawa said in a statement the tickets were purchased for "key account customer relationship development, the promotion and adoption of conservation programs, as well as employee recognition."

Orleans Coun. Bob Monette said he was disappointed that taxpayers' dollars were used for promotions. Appointed to the Hydro Ottawa board in December, Monette said he intends to find out if the agency generated more revenue than it spent on the promo.

JOE LOFARO

STEVE COLLINS/METRO

▶ Bob Monette

Committee OK's patio, but not all think it's hot

- Another patio approved last year for other side of MacLaren Street
- Last year, Ottawa took in $634,000 in fees from the city's 77 patios

STEVE COLLINS
@METRONEWS.CA

Elgin Street's Fox and Feather Pub got approval from the city's transportation committee yesterday for a street-level patio on its MacLaren Street side — over the objections of some neighbours concerned about noise.

"This is about trying to find the right balance between allowing people to be outside on a nice summer evening enjoying themselves, and ensuring the quiet enjoyment of residential areas as well," said Coun. Diane Deans.

"It's all just driving cheap beer and cheap food, so if that attracts tourists, well, are those the kind of tourists you want?"
NEIGHBOURHOOD RESIDENT CHRIS TUCKER, WHO OPPOSES THE PATIO

The patio would be required to close at 11 p.m., and amplified music would be banned at all times.

City council will vote on final approval next week.

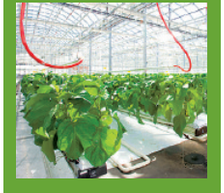
SEAN MCKIBBON/METRO

▶ The Fox and Feather Pub

1 news

Centuries-old tsunami warning saves residents of Japanese village. Scan code for story.

On the web at metronews.ca



The greenhouse roof of a Montreal office building is a new home for farm-fresh vegetables. Video at metronews.ca.

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Trying to get talks going

Driver scheduling remains a key sticking point in transit discussions

STEVE COLLINS
@METRONEWS.CA

Transit commission chair Diane Deans yesterday defended the city's decision to call in the Federal Mediation and Conciliation Service as a way of getting talks rolling with the transit union.

"Our goal is to get to the table and start talking with the goal of coming to an agreed-upon settlement that everyone can be happy with, our drivers, our employees, our transit riders and our taxpayers," she said.

The current transit agreement expired March 31.

"We want to avoid a service disruption and we really need to get to the table. We can't come to a settlement if we can't talk."
TRANSIT COMMISSION CHAIR DIANE DEANS

STEVE COLLINS/METRO

▶ Diane Deans

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CONTRIBUTED

▶ Susan Geraldine Taylor poses in front of some of the framed re-workings of her print series.

Reworking old art into something new

$10,000 is the amount the organizers of the exhibit hoped to raise for the Ottawa Arts Court Foundation.

Riffing on the renewal of spring and the hot remix trend in pop culture, a group of Ottawa artists were hard at work yesterday prepping for an art exhibit that saw 50 artists re-use and re-imagine the work of one of their peers.

"It's so incredible the variation that came back," said Susan Geraldine Taylor, the Kemptville-based artist who donated ripped-up pieces of her own prints so other artists could re-work them into new pieces for a fundraising exhibit for the Ottawa Arts Court Foundation.

The exhibit, held last night, featured reworkings by Russell Yuristy, Valerie Bridgeman and others.

"It's a real exploration of the the artists' mind," Taylor said.

SEAN MCKIBBON

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News in brief

Street won't shrink soon

RECOMMENDATION. The city's transportation committee yesterday backed a staff recommendation to shrink part of King Edward Avenue from six lanes to four. However, staff said the changes are likely at least ten years away. METRO

Bail for embassy protesters

One of the seven men arrested at the Libyan Embassy on Tuesday was a minor

JOE LOFARO
@METRONEWS.CA

Seven men arrested Tuesday after a ruckus at the Libyan Embassy have been released on the condition they appear in court, the RCMP said.

RCMP Sgt. Marc Ménard said a couple of the men damaged property after they pushed their way through the door when an embassy official let them in.

The RCMP would not disclose individual names or charges, but confirmed charges include forcible entry, assault, mischief under $5,000 and uttering threats.

The men are prohibited from contacting or attending the embassy.

A family member of at least one of the accused contacted Ottawa lawyer Michael A. Johnston after the incident. Johnston expects the accused will appear in court next month.

STEVE COLLINS/METRO

▶ An Ottawa police officer guides an arrested protester out of the Libyan Embassy Tuesday.

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Iggy boots one; questioners put boots to Harper

- Ignatieff dumps candidate who called aboriginals 'featherheads'
- Why are Tories ejecting some voters? Rooms are too crowded, says PM

HANDOUT/THE CANADIAN PRESS

▶ Joanna MacDonald, a fourth-year environmental sciences student at Guelph University, says she was barred from a school event featuring Stephen Harper, likely because of her environmental activism. "I was really shocked and kind of horrified that I was screened," she says.

Election 2011

A Liberal candidate in Quebec who once described aboriginal people as "featherheads" and questioned their work ethic was dumped yesterday.

The Liberals jettisoned Andre Forbes, a faint-hope candidate in a northern Quebec riding where they placed a distant third in the last election.

Forbes got the boot after leader Michael Ignatieff was questioned about the candidate's previous role as founder of a group called the Association for the Rights of Whites.

"I think we're having good success getting people to come out."
PRIME MINISTER STEPHEN HARPER

"The reported remarks of this candidate are utterly unacceptable," Ignatieff said. "They do not reflect Liberal values."

Forbes is also a member of Metis Côte-Nord, a group that has denounced "special treatment" for minorities.

Meanwhile, Prime Minister Stephen Harper took heat for his own party's ejection tactics.

For a third straight day, he was asked why people with perceived links to the Liberals or NDP are being kicked out of his events.

His reply: The rooms are too crowded.

"Far more people come out to hear us than the other guys have," Harper said in Markham, Ont. — a vital battleground.

Several of the people who were booted from Tory rallies — one because of an NDP bumper sticker on his car, another for having attended a climate change event — say they simply wanted to hear Harper's message.

THE CANADIAN PRESS

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TV DEBATES

12-minute bout for Ignatieff

Michael Ignatieff will get the one-on-one showdown he wants with Stephen Harper — sort of.

Iggy will face off against the prime minister for a total of 12 minutes in next week's nationally televised campaign debates.

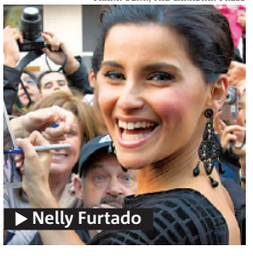
All four leaders will get face time with each of their opponents during Tuesday's English debate and the April 14 French debate — both of which are returning to a more traditional format.

Gone is the round table from the 2008 debates that was supposed to liven up the discussion. The lecterns are back.

THE CANADIAN PRESS

Nelly's tweets music to young voters' ears?

FRANK GUNN/THE CANADIAN PRESS



▶ Nelly Furtado

Nelly Furtado has launched a Twitter campaign to encourage young people to vote in the federal election.

The 32-year-old Victoria songstress has tweeted about almost nothing else in the past week.

She's dished out tips to students who will be voting outside their riding, linked out-of-country citizens to forms on the Elections Canada website and has reminded her nearly two-million followers about non-democratic countries where citizens aren't allowed to vote.

The singer also encouraged her followers to get educated on the issues and provided other helpful tips.

She tweeted yesterday that those who are working on election day are legally allowed to take three hours away from the office to cast a vote.

THE CANADIAN PRESS

Layton on health: Be very afraid

NDP Leader Jack Layton says the shape of the health-care system for decades to come will be decided by who is elected on May 2.

If Prime Minister Stephen Harper "is in charge of the future of health care in our country, then Canadians should be very, very worried," Layton said in rural B.C.

He added: "They want to leave it to the provinces, knowing the provinces don't have the resources that are necessary."

THE CANADIAN PRESS

Catholics cite clash with Easter

Catholic bishops are concerned that advance polling days fall over the Easter weekend.

The president of the Canadian Conference of Catholic Bishops has written to the chief electoral officer asking him to accommodate Catholic staff or volunteers.

Bishop Pierre Morissette says Catholics who are Elections Canada staff and volunteers have expressed concern about having to work on those days.

THE CANADIAN PRESS

Party stripes will not matter at rallies: May

Canadians are angry about the consortium's decision to hold her out of debates, the Green party leader says

ANDREW CALEY
OTTAWA@METRONEWS.CA

ANDREW CALEY/METRO

▶ Elizabeth May

It doesn't matter if you bleed green, Tory blue, Liberal red, or NDP orange, Elizabeth May wants everyone to come out in what she calls supporting democracy.

The federal Green party leader is holding five "rallies for democracy" across the country over the next five days.

This comes after May's efforts to be included in next week's two national leaders' debates came up short.

May is hoping to raise Green party support at the rallies, but also said yesterday people of all political parties and backgrounds are welcome to come talk about what really matters to Canadians.

"I'd love to see all people come — see NDP and Liberal and even Conservative candidates if they feel like coming," she said in a phone interview yesterday.

"We'll give them the microphone.

"This is about democracy."

THE CANADIAN PRESS/HANDOUT

▶ Edmonton filmmaker Mark Twitchell is shown in an undated photo from his MySpace.com personal page.

Filmmaker killed man in publicity stunt gone wrong, lawyer says

A lawyer has told jurors that his filmmaker client killed and dismembered a total stranger — not in a deliberate murder, but during a publicity stunt gone horribly awry.

"Events spiralled out of control in a way he didn't expect, and Mr. (Johnny) Altinger lay dead or dying on the floor," Charles Davison said as the defence opened its case yesterday.

Mark Twitchell, 31, is charged with the first-degree murder of Altinger on Oct. 10, 2008. He has pleaded not guilty.

The Crown has argued that Twitchell lured Altinger to a residential garage that night, killed him and hacked up the body to match a movie shot in the same garage by Twitchell and his buddies two weeks earlier.

THE CANADIAN PRESS

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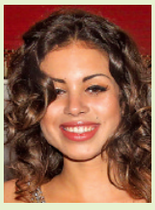
PROSTITUTION SCANDAL

Moroccan teen says media, not Italian PM, damaging

The Moroccan teen at the centre of the underage prostitution scandal enveloping Silvio Berlusconi insists any damage she has suffered has been at the hands of the media, not the Italian prime minister.



Neither Karima el-Mahroug, better known as Ruby, nor Berlusconi were present at the opening of Berlusconi's trial yesterday on charges he paid the teen for sex when she was underage, and then used his influence to try to cover it up.

Both have denied ever having had sex with each other — and Ruby is not budging from that line.

Named an injured party by the prosecution, el-Mahroug could have petitioned to become a civil complainant in the trial, which would have allowed her to seek monetary damages in case of conviction and also question witnesses in the case.

But, her lawyer said, it also would have been a tacit admission of the prosecutors' allegations.

"This contrasts with what Karima has always declared. She has always said she was never the object of sexual acts by Berlusconi, and she has never made the choice to be a prostitute," Paola Boccardi said.

THE ASSOCIATED PRESS

Boat capsizes off Italy

Vessel was carrying 300 migrants from Libya in rough seas ◐ 250 are unaccounted for ◐ Reports say the boat had likely been at sea two days

A boat capsized off the Italian coast early yesterday, about 64.37 kilometres off the coast of Lampedusa, an island closer to North Africa than Italy.

Survivors told of desperately trying to reach rescue boats as those unable to swim screamed in the darkness and pulled one another under the water.

If the number of dead is confirmed, it would prove the deadliest crossing to Italy in recent memory, and the worst refugee disaster since a wave of migrants began arriving on Italian shores in January following popular revolts in Tunisia, Egypt and Libya.

The Italian coast guard rescued 48 people yesterday and a fishing boat picked up another three after the boat began taking on water shortly after 1 a.m.

The commander of the fishing boat described what he said was a terrifying scene. "What we saw was incredible: Heads were coming in and out (of the water) and people were screaming," Francesco Rifiorito said.

THE ASSOCIATED PRESS

"These people were refugees twice. I appeal to all those patrolling the Mediterranean Sea to do everything they can to help."
ANTONIO GUTERRES, UN HIGH COMMISSIONER FOR REFUGEES

GIORGOS MOUTAFIS/THE ASSOCIATED PRESS

▶ Survivors arrive at the Lampedusa harbour in southern Italy yesterday. Italian coast guard officials were trying yesterday to rescue migrants lost at sea after their boat capsized off the coast of Lampedusa, a tiny Italian island.

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2130 Vincent Massey Dr.

Hawkesbury
321 Main St. E
Kanata
Kanata Centrum Walk

Kingston
Cataraqui Town Centre
646 Norris Crt.
764 Gardiners Rd.
131 Princess St.

Nepean
129 RioCan Ave.
39 Robertson Rd.
Orléans
Place d'Orléans
2 - 4312 Innes Rd.
2062 St-Joseph Blvd.
Pembroke
Pembroke Mall

Perth
106 Gore St. E
Stittsville
1300 Main St.

*Available until April 10, 2011, for clients who activate or renew on a 3 year term with a Clear Choice voice and data rate plan of $50 or greater. Regular 3 year term price is $49. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. †Comparing the shared HSPA+ network available from TELUS to Rogers' public disclosure of HSPA+ network coverage for February 2011. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Apple, the Apple logo, iPhone, and Multi-Touch are trademarks of Apple Inc. TM & © 2011 Apple Inc. All rights reserved. All other trademarks are the property of their respective owners. © 2011 TELUS.

PRICEY DIVORCE

It costs to unwed in Romania

The Romanian town of Sangeorgiu de Mures, where many of the 8,000 residents are Catholic, is charging a whopping 10,000 lei ($3,370) for divorces — 2,000 times more than what it would cost in Bucharest, the capital.

Several months ago, a new law went into effect allowing some couples to be divorced by town hall officials. Each municipality can set the fee, and huge discrepancies have emerged.

THE ASSOCIATED PRESS

Tot made honorary governor

A New Jersey four-year-old shown complaining on a YouTube clip because he is "too small to be the governor" can stop crying.

Gov. Chris Christie signed a proclamation yesterday making Jesse Koczon the state's honorary governor for the day.

THE ASSOCIATED PRESS

"People gave plenty of reasons why I couldn't be governor, though being too small wasn't one of them."

GOV. CHRIS CHRISTIE

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REBECCA BLACKWELL/THE ASSOCIATED PRESS

▶ A soldier loyal to Alassane Ouattara wears an antique gas mask as he waits to deploy with other soldiers at one of the entrances to Abidjan, Ivory Coast, yesterday.

Gbagbo under fire

Ivory Coast strongman holed up as fighting ensues on his doorstep
His soldiers seen abandoning posts

Heavy arms fire rang out yesterday near the home of the country's strongman who remained holed up in a subterranean bunker, as forces backing his rival assaulted the residence to try to force him out, diplomats and witnesses said.

Forces protecting Laurent Gbagbo appeared to rally last night, pushing back the armed group fighting to install democratically elected President Alassane Ouattara.

A spokesman for Ouattara's fighters, Yves Doumbia, said their forces breached the gates of the ruler's compound, only to be repelled by arms fire.

"We retreated but we are preparing for a second assault," Doumbia said by telephone.

Gbagbo has suffered debilitating losses in the past two days. United Nations Mi-24 helicopters attacked and destroyed his arms depots on Monday. On Tuesday, his soldiers were seen abandoning their posts across the city, some rushing inside a church to tear off their uniforms and dump their weapons before discreetly exiting in civilian clothes.

A spokeswoman for Ouattara said earlier on France-24 television that the forces would eventually succeed in forcing out the leader who has refused to cede power after losing a November election.

THE ASSOCIATED PRESS

Political rivals

The 65-year-old Laurent Gbagbo, an ex-professor, appears to have calculated his rival's weakness.

- Opponent Alassane Ouattara knows he needs to take Gbagbo alive in order to maintain international support and avoid further alienating the 46 per cent of the electorate that voted for Gbagbo in last year's election.
- Gbagbo refused to accept defeat to Ouattara last year and took his country to the brink of civil war in his bid to preserve power.

CORPORATE TAX CUTS

Take the money and run?

Companies that reaped the most benefit from a massive tax reduction over the past decade underperformed on job creation, the Canadian Centre for Policy Alternatives says. The finding appears to undermine the Conservative government's rationale for pressing ahead on corporate tax cuts.

The Ottawa think-tank tracked the job-creation record of 198 of Canada's leading companies from 2000 to 2009. During that period, they reported a 50 per cent increase in profits and paid 20 per cent less in taxes.

But from 2005 to 2010, those companies grew their employment by five per cent, less than the six per cent average for the entire economy.

Private-sector economists argue that, once other factors are eliminated, reducing corporate taxes makes Canadian firms more competitive, resulting in greater investment and jobs. But the CCPA says the companies studied mostly pocketed the cash.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
– 67.88 (14,202.65)	+ 0.37¢ ($104.12 US)	+ 49¢ US ($108.83 US)	$4.208 US (– 2.3¢ US)	$1,459.10 US (+ $6 US)

Joltin' joe: Price of coffee takes flight

CHRIS YOUNG/THE CANADIAN PRESS

▶ The worst rains in decades in major coffee grower Colombia have created a breeding ground for a fungus that attacks coffee plants. That, and growing demand in China and India, has caused world stockpiles to dwindle and chains such as Tim Hortons to raise prices.

Higher food costs expected to hit restaurant meals by the fall

As higher prices percolate at the country's largest coffee chain, Canadians should brace themselves to pay more for restaurant meals as well, experts say.

Tim Hortons customers will pay seven cents more for a large cup of coffee starting Monday. That brings the cost to $1.57 plus tax. With the price of wheat rising 68.4 per cent over the past year, the chain is also raising the cost of some baked goods, spokesman David Morelli said.

Tim Hortons' 4.5 per cent coffee-price increase is in line with predictions that suggest a five to seven per cent increase in the price of food by the end of the year, said Adrienne Warren, senior economist at Scotiabank.

The price of coffee, cocoa, wheat, sugar, beef and other commodities started rising about nine months ago, and it takes about that long for costs to work their way down to consumer wallets, she said. The higher price of oil and gas used to deliver food adds to the price Canadians pay.

"Once the costs increase at the wholesale level and the grocery store level, you can expect some to pass through to restaurants as well," she said.

Some major Canadian food manufacturers are also charging more.

Maple Leaf Foods raised its bakery prices by 20 cents per unit at the end of last month, and breadmaker George Weston Ltd. is charging five per cent more for its products.

THE CANADIAN PRESS

Loonie wobbles amid European debt crisis

The Canadian dollar closed higher yesterday but well off early highs as the European debt crisis took a new turn.

The loonie was up 0.37 of a cent at 104.12 cents US after surging as high as 104.5 cents, its highest level since November 2007 as the U.S. dollar weakened.

The European debt crisis was sharply in focus late in the afternoon after Portugal's prime minister said his country will ask for a bailout owing to its high debts and difficulty raising money on international markets.

Portugal becomes the third financially troubled eurozone country, after Greece and Ireland, to request assistance from Europe's bailout fund and the International Monetary Fund. Analysts expect Portugal will need up to 80-billion euros ($114.4 billion).

PAUL CHIASSON/THE CANADIAN PRESS

▶ Both the loonie and the U.S. dollar weakened against the euro after Portugal's prime minister said his country will ask for a bailout owing to its high debts.

At home, the news is brighter as traders look ahead to solid Canadian employment numbers at the end of the week.

Statistics Canada is expected to report tomorrow that the economy added about 30,000 jobs last month. That data could further strengthen the currency.

THE CANADIAN PRESS

Pension conversion continues: Survey

Canadian companies are continuing to convert defined-benefit pension plans to less risky defined-contribution plans even as the economy improves, a survey by consultants Towers Watson suggests.

A review of more than 150 pension plan sponsors found that 51 per cent have converted their plans, up from 42 per cent in 2008.

Under a defined-benefit plan, which guarantees employees a certain level of income upon retirement, companies shoulder the financial risk. Under a defined-contribution plan, employees carry the risk.

A drop in long-term interest rates and equity markets in 2008 forced many companies to increase their contributions for defined-benefit plans.

THE CANADIAN PRESS

U.S. network wins bid for Blockbuster

U.S. satellite TV company Dish Network Corp. has won the auction for Blockbuster Inc. with a bid valued at $228 million US, the company said yesterday.

"Blockbuster will complement our existing video offerings while presenting cross-marketing and service-extension opportunities for Dish Network," said Tom Cullen, executive vice-president of sales, marketing and programming for Dish Network.

At its peak in 2004, Blockbuster had 9,100 video-rental stores. But it lost money for years as that business declined because customers shifted to Netflix Inc., video on demand and DVD rental kiosks.

THE ASSOCIATED PRESS

Quebec firm to help make space rovers

Bombardier Recreational Products Inc. has won $5.6 million in contracts from MacDonald Dettwiler and Associates Ltd. to help develop vehicles to be used on the moon and Mars.

In co-operation with the Centre de technologies avancees BRP-Universite de Sherbrooke, BRP will develop the chassis and locomotion systems for a Lunar Exploration Light Rover and a Mars Exploration Science Rover. Three base vehicles will be developed and built at the CTA.

MDA, based in Richmond, B.C., is best known as the maker of the Canadarm.

BRP is a privately held company that was once part of Bombardier Inc., which sold the recreational products group in 2003.

THE CANADIAN PRESS

He says ...

JOHN MAZEROLLE

FIGHTING THE GOOD FIGHT

Because your partner is so often wrong, conflicts are a normal part of any relationship.

If you never argue, your relationship may have fundamental problems — such as an imaginary partner constructed from the shattered pieces of your psyche. Or a dead partner who, to you, just looks a little blue. Nobody wants to argue. But it's inevitable. Observe two typical arguments that come up between every couple.

Problem No. 1: She is upset because he left the toilet seat up, causing her to extend her arms for a moment to put the lid down. He counters that she leaves the lid down all the time, reducing his target area, then complains when his aim falters.

Problem No. 2: He is upset because he wants to see the action flick Terminal Explosion 2 while she wants to see Love in the Time of Whooping Cough. They compromise by seeing Last Airbender 2: The Second-Last Airbender and both go home miserable.

As you can see, the only possible solution is a good argument. That's why I have prepared the following guide for fighting the good fight. You're welcome.

Know your place: Sometimes it's best to hold your fire, even when you are right. For instance, never say, "That is the ugliest wedding dress I've ever seen" unless you are well in front of the congregation.

Take time outs: This allows your partner to think about just how wrong they are. Then, when they have relaxed, you pounce.

Use laughter: Make light of your partner's clothing, hair, or speech impediment to diffuse the tension, then watch the love grow.

Avoid broad statements: Never use broad, sweeping statements like "I hope you burn in hell!" Instead, try more specific, realistic statements like, "It is my great wish that you will spend the rest of your life in a Saudi prison." From here, the healing can begin.

Yell: Screaming at the top of your lungs is a way of letting your neighbours know that you are so confident in this particular argument that you are willing to share its finer points with the entire neighbourhood, that they might scrutinize them.

Practise: You will never get good at bickering unless you do it every day.

Be prepared: If it's the male causing the problems — and it is — then couples may want to reduce the chance of injuries by purchasing a Nerf-brand Throwing Shoe.

And that's my advice. The only other tip I might give is never go to sleep angry. Every satisfactory argument should have a proper ending, much like a proper newspaper column.

So there.

Read more of John Mazerolle's columns at metronews.ca/hesays

Lady Gaga to guest edit Metro May 17 editions

International pop superstar Lady Gaga will be global guest editor-in-chief for all May 17 editions of Metro ahead of her highly anticipated Born This Way worldwide album release May 23.

In her role as global guest editor-in-chief, Lady Gaga will highlight issues surrounding equality and individuality, select stories, and provide her comments on the breaking news of the day.

Lady Gaga will edit Metro's editions in 20 countries from the London office of Metro World News, Metro's central news desk.

As part of the global guest editorship, Metro will also run a competition where one lucky reader — from one Metro country — will be chosen to serve as Lady Gaga's editorial assistant in London.

Contest

- **Stay tuned** to Metro and metronews.ca for more details on how to enter the contest and for exciting exclusives from Gaga.

The contest is open to Metro readers and Gaga fans around the world, and will challenge entrants to share what makes them Born This Way, and to identify what issues of equality affect them.

"Let's see how fans would define what Born This Way is for them," Lady Gaga said. "I say I was born to be brave.

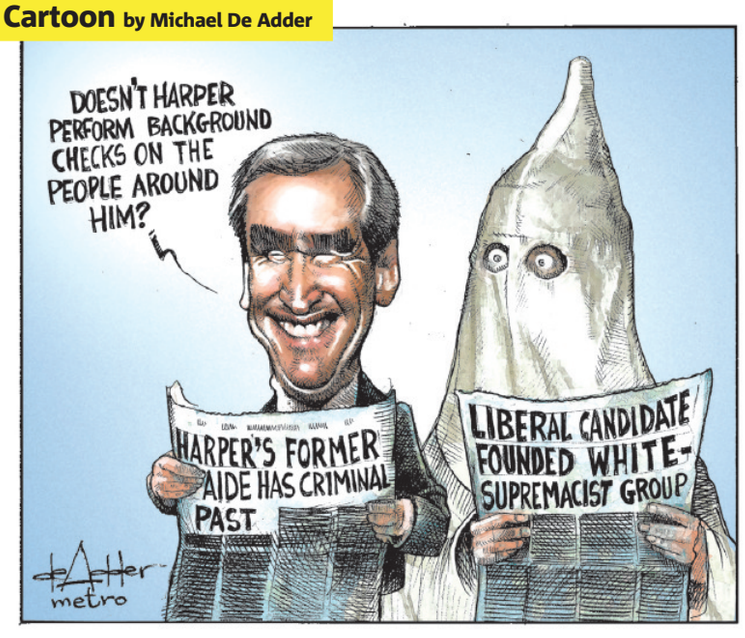
"That's part of my mission in life. I was born to follow my artistic visions. Look into yourself. Are you born to be brave?"

METRO

Tweets

- **@BlairLafave:** Hump day! The weekend can't come soon enough
- **@JimWatsonOttawa:** Still sick, so won't be at work today, and not tweeting. Thanks for good wishes on Twitter. #ottcity
- **@mrzebraIW:** Dear @yokoono thank u for removing Cdn Conservative Harper's stain on yours and johns beautiful song "imagine" from YouTube.
- **@aysha_marie:** What a gloriously beautiful day in Ottawa :) LOVE spring!
- **@MacLeodLisa:** RT @smithjoanna: MISSING: Michael Pineau, 19 — poster on lamppost in my neighbourhood this morning. Pls RT#YOW http://plixi.com/p/89985970
- **@DanPagan:** I'm very amused to see all these "dead" Prime Ministers arguing #elxn41 on Twitter. I hearts spoof twitter accounts.#cdnpoli
- **@wischr:** Anyone know what's up with the giant sun tracking solar panel at Main & Riverdale on the Ottawa Hydro property? #ottcity

Cartoon by Michael De Adder



CITIES

Your chance to be heard this election

At Metro, we think conversations about the future of our cities are important.

Because of this, we would like the leaders of the federal parties to tell us about their vision for cities and the role they think cities play within the federation.

Here's the plan: We're inviting the leaders of the five major national parties — Stephen Harper, Michael Ignatieff, Jack Layton, Elizabeth May and Gilles Duceppe — to respond to questions about urban issues.

Want to join the conversation?

Send us your questions on Twitter at @metroottawa, Facebook at facebook.com/metroottawa or at metronews.ca/beheard.

We will send a selection of your questions to each party leader and print their responses in Metro on Wednesday, April 20.

On April 21, our urban affairs team will host an online chat about the responses and the impact they could have on city life — and we would like you to join us for that, too.

CHARLOTTE EMPEY, EDITOR-IN-CHIEF

metro

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Hard working TPC set to rock

Indie rockers Tokyo Police Club head to Ottawa in support of their new album Champ The band recently signed with Dine Alone Records

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

Tokyo Police Club is easily one of the hardest working Canadian bands out there.

They've been on the road since their album Champ came out last June. But that's given them the chance to master their tunes in front of an audience.

"We've had about eight months now to really refine the songs live to a point where they feel like they're in that muscle memory territory," says Greg Alsop, Tokyo Police Club's drummer. "You can just play and concentrate more on performing the song for people and putting on a show for them."

Alsop also says the group can't be happier with the response to the album on the road. "These new songs have been getting some of the best reactions from the crowds," he says. "It feels like we're on the right track, artistically."

But, Alsop also admits the band was a bit uncertain about what fans would think at first.

"We were worried that people would be so used to the fast, two minute blasts of songs that we had been writing for the last two albums."

On a recent break from touring, they had a chance to think about what's next.

"We're in the very first stages of putting some ideas together for the next record," Alsop says. "You always want to find a way to grow with your audience and have them stay with you as you explore new territory."

Tokyo Police Club will be at Capital Music Hall (128 York St.) tomorrow night, along with recent Juno winners for New Group of the Year, Said the Whale. Advance tickets are sold out — a limited number will be released at the door, so get there early! Doors open at 8 p.m.

HANDOUT

▶ Fresh off a performance at the Juno Awards, Tokyo Police Club return to Capital Music Hall tomorrow night.

Catch a rising comedy star

This weekend at Yuk Yuk's, check out buzz worthy comic Jeff McEnery. Back in 2006, he won the Yuk Yuk's $25,000 Great Canadian Laugh Off. A year later, he was named Best Stand-Up Newcomer at the Canadian Comedy Awards. He's also the youngest headlining performer at Yuk Yuks.

What: Jeff McEnery at Yuk Yuk's
Where: Tonight at 8:30 p.m, tomorrow at 9 p.m. and Saturday at 8 p.m. and 10:30 p.m.
When: Yuk Yuk's (292 Elgin St.)
Tickets: $14 tonight, $20 tomorrow and Saturday

JEN TRAPLIN

Support talented local artists

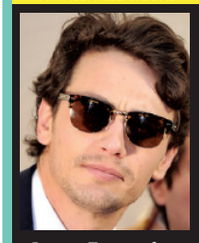
Check out artwork from 30 of Ottawa's most talented visual artists. Buy a piece and support local artists. While you're browsing the artwork, enjoy musical performances by Seeded Among Seven Hills, Everything Less and Ace Kincaid.

What: Hard Times at Babylon featuring Basement Artists
Where: Saturday at 7 p.m.
When: Babylon Nightclub (317 Bank St.)
Tickets: $10 at The Record Shaap and Neon Clothing or $15 at the door

JEN TRAPLIN

2 scene

Scene in brief



James Franco has yet another new undertaking: employee of The Colbert Report. The actor appeared on the Comedy Central program Tuesday and said he wanted to work for host Stephen Colbert.

THE ASSOCIATED PRESS

ScanLife

In Web video, Billy Crystal returns for ghoulish sequel to When Harry Met Sally

The amazing connection of man and bird

Brooklyn bullies first introduced Mike Tyson to pigeons He's been in love ever since

SUBMITTED

▶ Former boxer Mike Tyson with an unlikely friend.

A fancy for pigeons has made former heavyweight boxing champion Mike Tyson the baddest man on Animal Planet.

The ex-fighter with the nasty past and fearsome tattoo is the star of the six-part series Taking On Tyson, that documents his life-long relationship with the most urban of birds and his passion for pigeon racing.

His love affair with the birds goes back to his childhood in a rough section of Brooklyn, N.Y., where he was picked on by other boys for wearing glasses and being overweight.

Pigeon passion

Taking on Tyson debuts in Canada on Thursday night at 9 p.m. ET on Animal Planet.

"One day I was walking around school and three or four guys approached me," Tyson recalled this week. "They started checking my pockets, asking for money and then they asked me: 'Do you want to fly with us?'"

"This was pigeon terminology I didn't know. I said OK because I didn't want them to think I was scared.

The bullies sent Tyson from roof to roof, scaring pigeons back to their roosts, and doing other chores for an afternoon, then sent him on his way. They were surprised to see Tyson back again the next day, volunteering for more.

"That's how I started flying pigeons," he said. He once said his first fight was with a boy who killed one of his pigeons.

"How many people can get a job doing something they loved to do since they were a little kid?" he asked.

"People all over the world are going to see it and it's going to broaden people's understanding of pigeons."

THE CANADIAN PRESS

IMAX goes wild — in 3-D

IMAX Director David Lickley takes viewers to Borneo and the Savannah

PHIL BROWN
SCENE@METRONEWS.CA

HANDOUT

▶ Watch these orphaned elephants get a new lease on life in Born to be Wild.

Born To Be Wild 3D is the latest IMAX wildlife documentary that uses the immersive medium to transport audiences into the wonders of nature.

In this case, the focus is on the remarkable efforts of Dr. Birute Mary Galdikas, who saves and raises orphaned orangutans in the rainforests of Borneo, and Dr. Dame Daphne Sheldrick, who provides the same service for orphaned elephants in the Kenyan Savannah.

Veteran IMAX director David Lickley says he was attracted to the project because "these two women are absolutely amazing and the animals are fascinating, intelligent and passionate. The stories of both the humans and the animals they rescue needed to be told."

Lickley described transporting his crew to the remote filming locations as "a logistical nightmare. We had 30,000 pounds of equipment that we had to take deep into the desert and rain forest."

The physical challenges of the project were immense, but aided by new technology created specifically for the movie.

"We built and pioneered a new 3-D IMAX camera that's digital with no film involved. It has the same IMAX quality, but also the lightness and quietness of digital photography. We could put the camera on a crane and go up 20 meters in the air in the rainforest. Things that had never been done before and allowed for an all new level of audience immersion."

The results speak for themselves. Lickley created grand sweeping imagery that pulls the audience into the vast wilds of the Savannah desert and Borneo rainforest. On a technical level, the film is remarkable, but it's also a project that the director hopes will inspire a conservationist passion in his audience.

HANDOUT

▶ Christian Bale is shown as Batman in a scene from The Dark Knight.

Knight rises again

Criminals beware: Batman will be on the beat this summer in Pittsburgh.

Film director Christopher Nolan, who has helmed the two previous Batman films — starring Christian Bale as the caped crime fighter and his alter ego, Bruce Wayne — said Tuesday the Pennsylvania city will host filming for a third film for at least a month.

"Pittsburgh is a beautiful city. We have been able to find everything we were looking for here and I am excited to spend the summer in Pittsburgh with our final installment of Batman," he said in a statement, adding that he finally settled on the city because of its architecture and diverse sampling of locations.

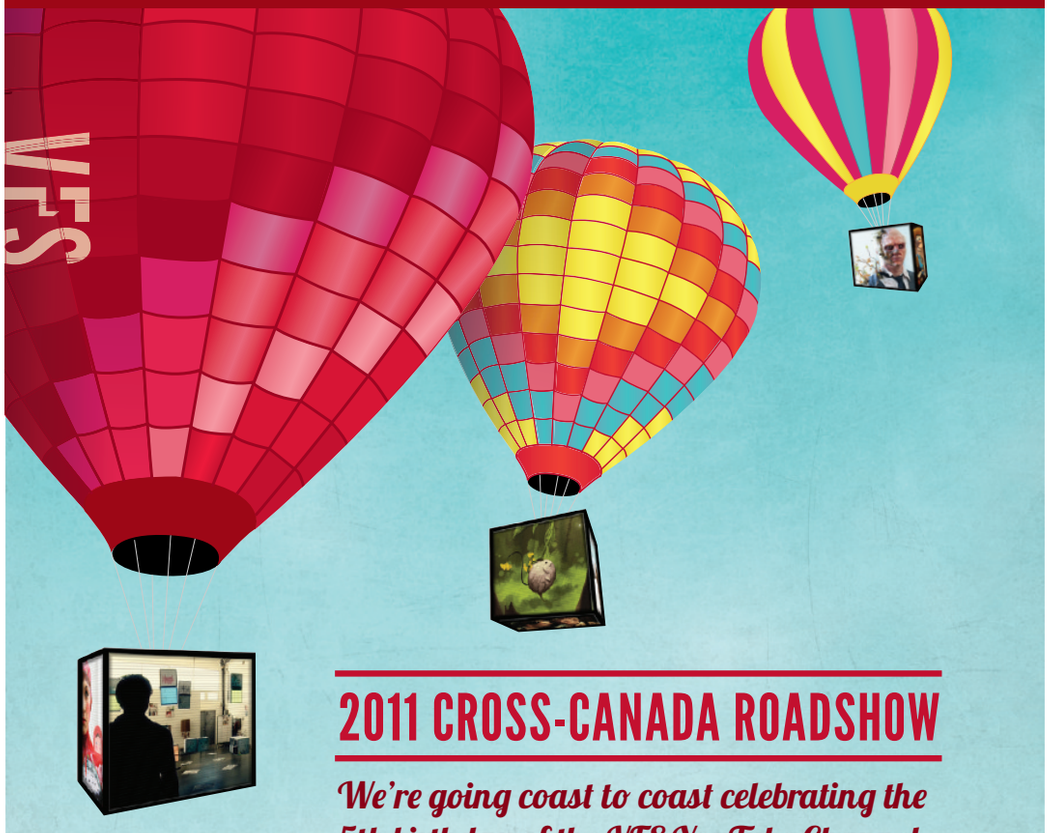
Mayor Luke Ravensthahl said the decision was "another example of the growing film industry in our community and we will be rolling out the red carpet for them."

The city is no stranger to film productions, having been the location for more than 100 film and television products since 1990, including I Am Number Four and Kevin Smith's Zack & Miri Make A Porno.

The Dark Knight Rises, is scheduled to be released in July 2012, and stars Bale, Gary Oldman, and Anne Hathaway as Catwoman.

THE ASSOCIATED PRESS

VANCOUVER FILM SCHOOL



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- Hear about all 13 of our acclaimed programs
- See a special screening of mind-blowing VFS student work
- Discover how VFS prepares you for an exciting career in film, TV, games, and design
- Meet a VFS Admissions representative for application and portfolio tips

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Angie and Brad: It really must be love

- Actress shows commitment in her usual form
- Means she's really ready to settle down?

ALL PHOTOS GETTY IMAGES FILES

▶ Brad Pitt and Angelina Jolie

Angelina Jolie sparked new adoption speculation when she showed up in Tunisia with a new set of map coordinates tattooed on her arm. The actress already has the coordinates for the birthplaces of her six adopted children, so a new set might suggest a new addition to the family, right? Wrong. Sources tell In Touch the coordinates are actually for partner Brad Pitt's birthplace in Oklahoma.

"She got the seventh line right around the time she and Brad moved the kids back to LA.," a source says. "Angelina has finally agreed to Brad's long-standing request to settle down."

METRO

▶ Lindsay Lohan

Lohan to play Manson victim?

There's at least one person in Hollywood who's eager to work with Lindsay Lohan: Her friend and photographer Tyler Shields, who is planning a movie about Charles Manson. Shields says he's eyeing Lohan to play Sharon Tate, the victim of Manson's crazed followers. "Sharon Tate was a movie star. So I want [an actress who] you already have a back story with. People have a back story with someone like Lindsay," Shields, who plans on playing Manson himself, tells Entertainment Weekly. "I'm just going to be directing people to do the craziest s--- they've ever done. I want this to really hit people in a really specific place."

METRO

Celebrity tweets

@oliviawilde

"Cool it, honeybadgers. We are just friends and have been for years."

@charliesheen

"Dear Miley, Welcome back to Twitter! Always felt you were epic... Now you proved it! Thanks for the love!"

@AlbertBrooks

"Just found out I'm being followed by @charliesheen. Not just on twitter, I think he's outside."

@SarahKSilverman

"If you don't have enough regret in your life, try cutting bangs."

Aniston has proposition for George Clooney

Jennifer Aniston is getting fed up with speculation about her love life, but she may have finally found a way to put an end to all of it: enlist Hollywood's other most famous unmarried star, George Clooney. "That would definitely shut up the world," she jokes to Red magazine. "I could call up George, say, 'Hun, let's just get hitched and have kids.' I should take George to lunch and we can figure out how to put an end to all this." METRO

▶ Jennifer Aniston

Pregnant Mariah poses topless

Mariah Carey is just weeks away from giving birth to twins, and she decided to show the world by posing topless for Life & Style Weekly.

"I didn't want to miss this opportunity to document this once-in-a-lifetime experience," Carey tells the magazine.

"We didn't start shooting until 1:30 a.m. because I was in the hospital from the night before until the day of the shoot with contractions five minutes apart." METRO

Federline solves baby problem

Kevin Federline and girlfriend Victoria Prince have had some confusion over the gender of the child they're expecting, but they didn't let that stop them from naming it. "[Victoria] said that if we were going to have a little girl, she wanted to name her Jordan. And then, we actually thought that it was a boy, but we stuck with the name Jordan because, you know, it fits both ways," Federline tells Us Weekly. "We just found out the other day that we're having a girl. So it worked out!" METRO

Parents inspire Miley to restart relationship

Despite splitting up last August, Miley Cyrus is reportedly back together with her The Last Song co-star Liam Hemsworth — and her parents calling off their divorce had a lot to do with it, according to Hollywood Life.

"Miley is so thrilled at her parents reconciling, and it made her stop and think, and realize that Liam is someone special in her life ... Now that their schedules are better suited for each other, they have been able to work it out," a source explains.

"Plus her parents trust Liam."

METRO

How to pull off neon at work

Day-Glo colours look great on the runway But in your little cubicle at work? We road test the season's eye-popping brights

KENYA HUNT
METRO WORLD NEWS

If you're like me, Day-Glo colours conjure up images of a mixture of things — none of them particularly good. Think the synthetic hair on My Little Pony dolls, George Michael's short shorts in old Wham! videos, flickering Bud Light signs at gas stations and American Apparel leggings.

But in fashion, these cornea-popping brights couldn't be more "haute" courant. Think Christopher Kane's sublime laser cut leather and lace skirts in hot pink, Miu Miu's silk pleated dress in fluorescent yellow, or Jil Sanders bold florals. Blame them for all the candy colours you've been seeing in Zara, Top-

NICK CUNARD

shop, H&M and the like. The challenge: wearing brights in a way that looks chic and not MTV circa 1983. You're not going to an awesome '80s theme party, after all.

Right about now, you may be imagining your boss balking at the sight of a dress in go-to-hell yellow, a flagrant rebellion against the navy, black and tan of nine-to-five world. Or someone on the train mistaking your neon orange blazer for a safety vest. Don't think about that.

This look can work in the office. There are several foolproof routes you can take. 1) The Small Doses Approach, in which you use neon as a pop of contrast against an otherwise sensibly coloured look. It could be as simple as a neon pink collar poking out from underneath the neckline of a respectable gray sweater, a fluo green belt cinching a nude coloured dress or a brazenly bright orange manicure. And then there's option 2) The Whole Hog Method, in which you take a series of separates in different bold hues (a green pencil skirt, blue button down and yellow trench coat, for instance) and wear them all at once — fashion types like to call it colour-blocking.

I've tried both at work and managed to even get a compliment from our hard-bitten news editor who rarely misses an opportunity to make fun of my fashion-loving ways. Nevermind that he followed the nice words up with this gem: "It's great and versatile. You can use it for cycling at night."

But even if he did crack wise, no worries. The most important rule when it comes to wearing a bold colour is to accessorize the look with your attitude. It's less about what others think of you in the outfit, and more about how you feel wearing it.

Wearing it

NICK CUNARD

▶ Yours truly, testing out the Small Doses Approach in the office. Suno blouse and dress, sunony.com

"The challenge: wearing brights in a way that looks chic and not MTV circa 1983."

POP GOES THE COLOUR

MIU MIU
shoulder bag
▶ $1095, miumiu.com

MARNI
ballet slipper flats
▶ $500, marni.com

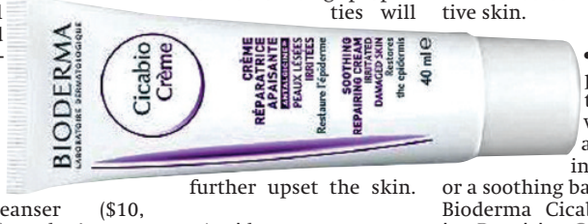
ILLAMASQUA
nail polish
▶ $24, netaporter.com

A way to solve that skin dilemma

THE KIT

Microdermabrasion treatments, however ingenious, can sometimes distress your skin. Dr. Frances Jang, a dermatologist in Vancouver, has these tips to turn that mess around.

• Avoid hot water, harsh soap and exfoliants. "Cleanse with cool water and a non-lathering, soap-free formula like Cetaphil Gentle Skin Cleanser ($10, cetaphil.ca), or don't use a cleanser at all," says Jang.



• Avoid acne products. Their exfoliating properties will further upset the skin.

• Avoid sun exposure. You're more vulnerable to UV damage, so use a high-SPF sunscreen for sensitive skin.

• Use a plain moisturizer without anti-aging ingredients, or a soothing balm such as Bioderma Cicabio Soothing Repairing Cream (left), or La Roche-Posay Cicaplast ($19, laroche-posay.ca), designed to calm distressed skin and accelerate healing. And remember, "you can't use past experiences as a measure of how your next appointment will go.".

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3 life

Beauty pick

Bobbi Brown Extra Repair Foundation SPF 25

Bobbi Brown's latest, Extra Repair, moisturizes, reduces lines and evens out skin tone with a formula that includes glycerin, vitamin E and evening primrose oil. It's so hydrating that depending on your skin type, you can skip your daily moisturizer when you wear it. KENYA HUNT

BOBBI BROWN
$55, bobbibrown.com

Princess Diana's famous dresses to hit the auction block in Toronto.

All yesses for these dresses

When Kate Middleton walks down the aisle later this month to marry Prince William, the would-be brides watching out there will almost certainly home in on her dress. Some wedding dresses leave a legacy beyond the next-day knockoffs. Here are some famous brides who set fashion trends. THE ASSOCIATED PRESS

AP PHOTO/FILE

Diana, Princess of Wales
A princess couldn't wear the prairie, bohemian bridal looks that closed out the '70s, and Diana's 1981 gown by Elizabeth Emanuel helped usher in an era of opulence and formality. The shoulders were exaggerated, the skirt full and the sleeves pouffy. The train was 7.6 metres long.

FRED MARCUS PHOTOGRAPHY/BRIAN MARCUS

Ivanka Trump
Her 2009 wedding wasn't a global news event, but her lace gown by Vera Wang became a sensation because it showed a fresh, feminine way to wear sleeves — which had largely fallen out of favour. Trump's dress, with its illusion lace neckline, was inspired by Grece Kelly's, although this had a cleaner, more contemporary silhouette.

AP PHOTO/FILE

Grace Kelly
Kelly's gown, made by costumer Helen Rose and the wardrobe department of MGM, was "truly designed by Hollywood," says Martini Bratten. There was a high neckline, a cinched waist and a big ballskirt — all befitting a new royal. But the collar, sleeves and overlay were lace, so there was still a glimpse at the more revealing sweetheart bodice, more in line with what one would expect from a movie star.

AP PHOTO/FILE

Bianca Jagger
Neither a princess, presidential relative nor movie star, Jagger created a sensation as a fashion rebel when she married Mick Jagger in a Savile Row-made pantsuit, also in 1971. She represented a cool jet-setter, not a princess bride.

AP PHOTO/COPYWRIGHT 1996, DENIS REGGIE

Carolyn Bessette Kennedy
The extravagance of the mid-'80s largely went out with the stock-market crash in 1987, and wedding gowns started becoming simpler and chicer. Bessette Kennedy's bias-cut Narciso Rodriguez gown in 1996 became the quintessential wedding dress of the era, says Martini Bratten. "It was sexy, unadorned but beautifully cut. It was modern — and it came about just the time the destination wedding was picking up steam — which it was perfect for," she says.

Springtime window treatments

Here comes the sun: Decorating expert Karl Lohnes offers tips on dressing up your windows

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

ISTOCK

▶ Window treatments serve many purposes, such as keeping the sun out and providing privacy. But perhaps most importantly, they dress the windows on the inside and can give your living space an elegant, pleasing look.

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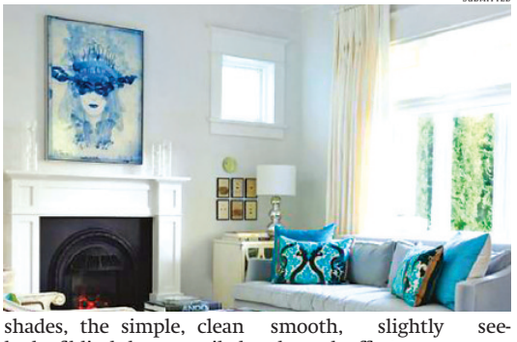

It's easy to see why so many people leave their windows barely covered.

Considerations like function, style, colour and cost get most people nervous, allowing a bed sheet to do the job for them. Unless you live in the country, most of us need window treatments not only for privacy, but to keep the sun out and to dress the windows on the inside.

There are three mainstay choices for window trends this spring: draperies, shades and sheers. Here's a quick debriefing of what they're all about and where to use them.

For the past decade we've seen draperies go by the wayside to blinds but the pinch-pleated, fully lined couture-looking drapes are making a return. They are usually installed as inoperable side panels and dress up the room with fabric and colour.

Lush fabrics are what's hottest right now — shiny silks in bright colours and linen in neutral tones are most popular.

Drapes should be hung ½ above the window for low ceilings and ⅔ above the window in a room with higher ceilings.

Never should the drapery rod be hung just at the top of the window or all the way up at the ceiling.

Draperies should not touch the floor (½ inch off the floor is perfect) which will give them a cleaner, tailored look. They need to have another fabric lining behind for fullness, body and sun protection.

Wondering what colour of drapery fabric to choose? Match it to your wall colour. A shade lighter or darker will work best, for as long as your paint colour is working in the room, then so will the drapes.

Whether it be shutters, mini blinds or sheer shades, the simple, clean look of blinds has prevailed in window fashions for quite a long time. I believe that every window needs some sort of a blind system to filter the light and offer privacy. What's fashion-forward for spring are match-stick-style roman blinds in neutral sand and driftwood tones for a rustic look, or roll-up woven sheer-weave blinds that create a smooth, slightly see-through effect.

Motorized blinds are all the rage in spaces with tall ceilings. One touch of remote (yes, another remote in our lives) and the blinds can be brought up or down.

For longevity, blinds should be similar colour/tone as the window trims. If you have white window frames then your blind should be white. For wooden trims, a neutral linen or pale brown tinged blind will work best.

We all think of sheers as something our grandmother had in the '50s and '60s: shiny, see-through fabric bunched up to the living room window.

Sheers have made a return — they offer privacy and light control when closed and the softness of draperies that blinds cannot give. They are also great looking when stretched wall to wall in a room.

They'll give big impact and help to hide various uneven windows and balcony doors. Look for natural materials for blinds like gauzy linens and cottons (no shine please!).

Good sheers will be custom made to sit ½ inch off the floor and will be weighted at the bottom so they hang straight down for a tailored appearance.

The easiest way to hang them is with a hospital track style rod which sits tight to the ceiling and is barely noticeable. A great option to sheers is the Luminette Privacy Sheers from Hunter Douglas (hunterdouglas.ca).

They have the ease of a vertical blind and the clean-lined look of modern sheers. Sheer-type window treatments tend to look best in fresh, crisp white or in a fabric choice, which is the same colour as the walls.

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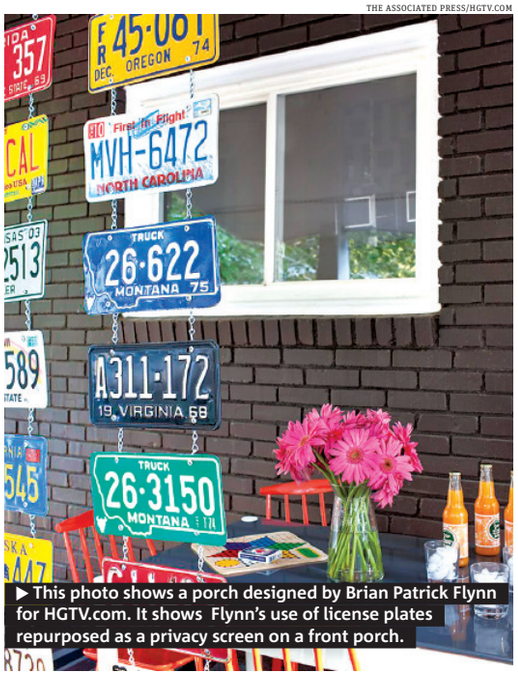

▶ This photo shows a porch designed by Brian Patrick Flynn for HGTV.com. It shows Flynn's use of license plates repurposed as a privacy screen on a front porch.

Fit for a living room, meant for outdoors

There is sunroom and porch decorating that can survive the coming seasons

It's been a long, hard winter in much of the country.

Towering snowdrifts, icy roads, freak hailstorms.

For many of us, spring can't come fast enough, and with it the chance to enjoy our porches, patios and sunrooms.

Options abound for making these indoor/outdoor spaces look stylish.

But can we have all that gorgeous style while using durable, easy-to-care-for items that will stay looking good all season?

The experts say yes — if you choose carefully.

"When it comes to materials, now more than ever the gap has been bridged between indoor and outdoor. There are a ton of pieces that look fit for your actual living room, but they're meant to be outdoors," says designer and decordemon.com founder Brian Patrick Flynn.

"A lot of people are beginning to find that perfect outdoor sofa and bring it into their sunroom."

Here, Flynn and two other experts — Los Angeles-based interior designer Betsy Burnham and decorator and design blogger Nick Olsen — offer advice on creating beautiful sunrooms and porches that you can enjoy effortlessly.

THE ASSOCIATED PRESS/HGTV.COM

▶ To add colour, texture and life to a porch, you can turn repurposed aluminum trash bins into mobile planters with the addition of casters.

THE RIGHT FABRICS

Outdoor fabrics have come a long way since the plastic-coated 1970s. These designers all praise Sunbrella and other high-end outdoor fabric companies for their wide selection of colours, styles and textures.

"But," warns Olsen, "really good outdoor fabrics don't come cheap." He recommends buying a basic indoor sofa at a reasonable price from a retailer, then recovering just the seat cushions and a few throw pillows in a pricey outdoor fabric.

THE OLDEST OBJECTS

"Something that's been through a lot already is going to be able to put up with even more," Burnham says. She suggests using vintage furniture and accessories that have already withstood the elements to give porches and sunrooms a dose of personality.

Search flea markets for items made of worn wood and metal. If they become further scuffed, it only adds to the beauty.

THE EASIEST FLOORS

Flynn suggests using porch paint on wood or cement floors to bring colour and pattern without a rug. Spill some food or drink? It wipes up easily. And if the painted floor gets worn as the summer wears on, no problem. A faded patina adds to the charm.

THE STURDIEST ACCESSORIES

Like outdoor fabrics, plastic dinnerware has come a long way in recent years. Burnham has found chic Suzani-print plates that are "fabulous. You'd never imagine they were plastic."

For durable seating, Burnham says L.L. Bean's basic rocking chairs have a classic style and are built to last.

THE SOFTEST LIGHTING

In the evening, you can raise the style quotient of your porch or sunroom by using warm, flattering light. "Hanging lighting is a very interesting way to dress up your porch," Burnham says, "and there are certain kinds of fixtures that you can use safely outside." Look for ones that are "wet-rated," meaning they're safe even in rain.

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Painting wood panelling

This eyesore can be easily done away with DIY IDEAS

A trend of the 1960s, wood panelling is found in many old houses.

It commands the room's attention and is often considered an eyesore for homeowners who prefer bright, crisp walls. Luckily, painting over the wood panelling is incredibly easy and cost-effective.

DIY Network Canada's House Crashers (airing Wednesdays at 9 p.m. ET/PT and 9:30 p.m. ET/PT) offers a step-by-step guide to bringing a room into the 21st century.

Prep the space

Before priming and painting, lay down a drop cloth or layers of newspaper to protect the floor. Also, apply painters tape to the ceiling and baseboards to facilitate a clean line finish.

Prep the wood

To get the panels ready for their makeover, fill nail holes and other imperfections with caulk. When the caulk dries, sand it down and run a moist cloth over the entire wall to wash away any dust and debris. Unless the panelling is splintered or extra glossy, there is no need to sand the entire wall.

Prime time

Picking a primer is an important step when painting wood panelling. An oil-based primer is recommended over a water-based one, because oil-based formulas are more durable. This means no grease or wood stains will come through and ruin the final finish. Using a paint roller, apply a thin and even coat of primer over all the wood panelling. Use a paint brush to cover any cracks and corners that the roller didn't reach to ensure that the entire surface is covered.

Get painting

Once the primer dries, use a high-quality paint roller to apply one thin and even coat of latex paint. Again, use a paint brush to get to any spots the roller missed. Allow the paint to dry completely and then apply a second coat for better coverage and a richer colour.

DIY NETWORK CANADA'S HOUSE CRASHERS AIRS ON WEDNESDAYS AT 9 P.M. ET/PT AND 9:30 P.M. ET/PT)

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▶ When painting wood panelling, be sure to use a high-quality paint roller.

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Sweeten your diet with dates

This savoury pasta mixes dates, feta and spinach

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

A combination of sweet and savoury makes this Medjool Date-Nut Pasta tasty and adds a different twist to your dinner table.

With fresh spinach and salty feta, the sweet tender dates are the perfect addition to the fettuccine.

Registered dietitian Bridget Davidson says Medjool dates, with their fibre, potassium and magnesium, are an excellent addition to the diet. They are fat- and sodium-free and a serving of two dates contains 140 calories.

"They are also an excellent source of polyphenols, which can ... help to reduce some risks of some free radicals. Free radicals can cause cancer. So dates ... are one of several fruits and vegetables that can certainly add to that high level of antioxidants which we need," Davidson said.

Preparation:

1. In a large bowl, combine spinach, feta, dates and walnuts; set aside.
2. In a bowl, whisk together oil and lemon juice. Drizzle over spinach mix and toss to coat evenly.
3. Garlic Breadcrumbs: In a skillet, heat oil over medium heat and cook garlic for 30 seconds; remove. Add breadcrumbs and cook, stirring until browned. Set aside.
4. Meanwhile, in a large pot of boiling water, cook pasta for about 10 minutes or until tender but firm. Drain and return to the pot. Add the spinach mixture to pasta and toss to combine well. Divide among 6 plates and sprinkle with toasted breadcrumbs.

THE CANADIAN PRESS/ BARD VALLEY MEDJOOL DATE GROWERS ASSOCIATION

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA.

THE CANADIAN PRESS HO

▶ The dates used in this pasta are full of fibre, potassium and magnesium.

Ingredients:

- 10 cups (2.5 L) spinach leaves, coarsely chopped
- 8 oz (250 g) feta cheese
- 1/2 cup (125 mL) pitted and chopped Medjool dates
- 1/2 cup (125 mL) chopped walnuts, toasted
- 1/3 cup (75 mL) olive oil
- 2 tbsp (30 mL) lemon juice
- 1 lb (500 g) fettuccine
- Salt and d black pepper

Garlic Breadcrumbs

- 1 tbsp (15 mL) olive oil
- 1 clove garlic, sliced
- 1 cup (250 mL) fresh breadcrumbs

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SPECIAL INFORMATION FEATURE

Duelling Chefs for Local Charities

- There are 10 duels over a four-month period ending in June
- Juniper Kitchen and Wine Bar faces off against other local restaurants

Food appreciation begins in the heart, not belly. Dozens of area-restaurants are involved in giving back to their communities the best way they know how: with food. The Duelling Chef's series hosted by Juniper Kitchen and Wine Bar has been highly successful, raising over $30,000 last year for six local charities. Ottawans get the privilege of a Top Chef-like experience with mystery ingredients only revealed two days before the event that must make their way into the main course. With 11 popular restaurants like The Urban Pear, Navarra and Ei8hteen donating their culinary talents in the friendly competition, the meal resources are also provided free or at significantly reduced cost by local butchers, seafood providers and kitchen equipment suppliers.

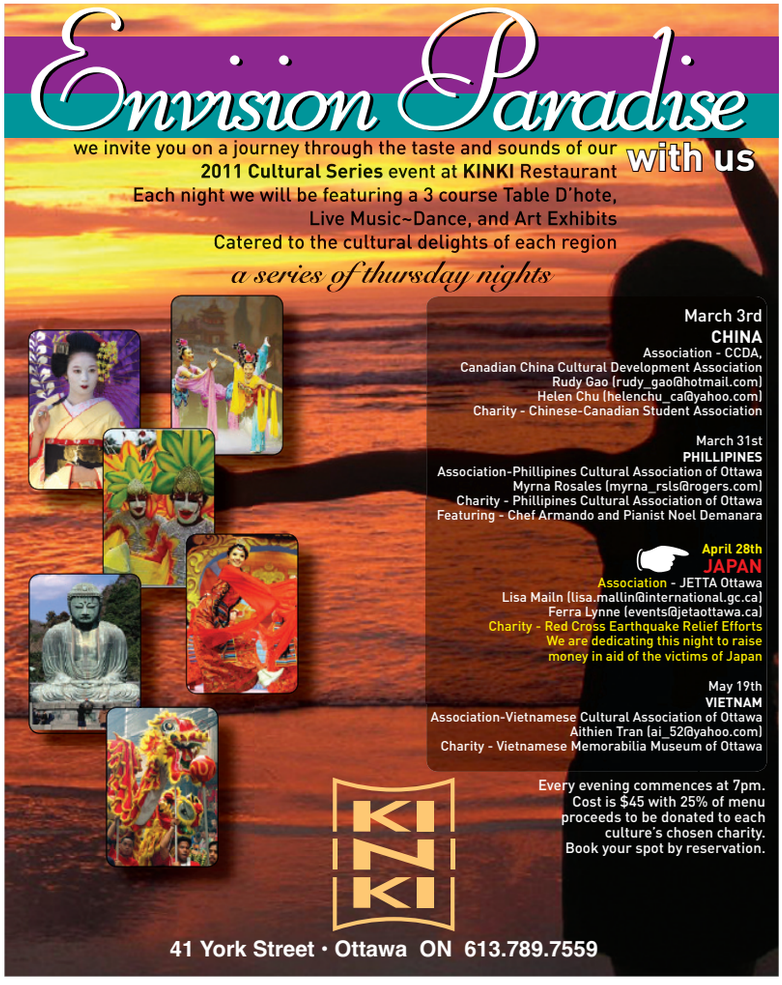
Monday, René Rodriguez from Navarra was in a very tight race with team Juniper. The selected ingredients were sea scallops, hangar steak, (or butcher steak – it used to be a cut that a butcher never sold, so he'd take it home for dinner), and the secret ingredient was greek-style yogurt. When the judges tied in their vote, it was left to the audience who chose Juniper over Navarra. Juniper's seared tuna taco, yogurt-marinated hangar steak and seared scallop, won over Rodgriguez' paccheri pasta with puttanesca sauce, scallop ceviche, and hangar steak taco. Every morsel was delicious and guests had a great time participating.

While all of the challengers have proven to be tough competition for Juniper's kitchen, the next two promise to be their toughest yet. Ben Baird of The Urban Pear and John Taylor from Domus are two of the greatest chefs in our region. They are both pioneers in the local food movement and have been working with local farmers long before it was common. They compete on April 18th and May 2nd, respectively.

SAMANTHA EVERTS

CHRISTIAN LEE

▶ Chef René Rodriguez of Navarra with Peter Robblee from Juniper Kitchen and Wine Bar



Kinki and Mambo Give Back

Coming from diverse cultural backgrounds, as Japanese and Latin-themed restaurants, Kinki and Mambo have embraced and celebrated ethnic communities at their annual fundraiser, the Sounds and Cultural series. Each event donates 25 percent of the sales to the community association of the evening's featured country. The chefs present authentic dishes from the featured nationality for the guests to enjoy along with live entertainment and art exhibits. The series runs April to mid-June with Mambo featuring Dominican Republic, Mexico, Venezuela and Chile, while Kinki features Vietnam and plans a special Earthquake Relief event on April 28th highlighting the cultures of Japan.

Free Compost

While the coffee beans may be from Columbia and Nicaragua, Ottawa-based coffee shop Bridgehead is gearing up for the spring by offering customers free compost for their gardens by way of used coffee grinds. Beginning in April they offer five-pound bags of the grinds that are sealed and left on the sidewalk in front of their non-downtown stores. There is no limit on how many customers may take, simply ask for a bag. What better way to eat local than by growing your own vegetables with help from local coffee-addicts.

SAMANTHA EVERTS

CONTRIBUTED

Spotlight

▶ Chef Caroline Ishi

ASK YOURSELF

WHAT FIVE QUESTIONS DO YOU WISH SOMEONE WOULD ASK YOU?

What inspires you to cook the way you do? I come from a family with a lot of health problems. After I was in a near-fatal accident, I decided to lead a more balanced, healthier lifestyle. My cuisine is a desire to offer food that's more sustainable and healthier but still delicious.

Working in a restaurant is stressful, so how do you maintain the Zen? I make time to meditate, write in a journal and try to maintain yoga. I have a positive outlook on life and a good sense of humour. I strive to spend time outside every day doing a sport I love, such as cross-country skiing or cycling. I have great friends who keep me in check.

Is being a chef and restaurant owner as glamorous as it looks on TV? I've read that the majority of students in high-profile U.S. chef schools are there to get on TV. That's unfortunate, because you have to love this job to do it. For most cooks and chefs, it's hard, repetitive and low pay. But if you have the passion, you need to follow it to see where it leads you.

What surprises you the most? The number of food allergies and intolerances. We accommodate pretty much anything, but allergies to basics like onions are hard to deal with on the fly. On the other hand, we have so many customers who are celiac or gluten-intolerant that we've developed gluten-free pasta and desserts.

What is the most rewarding part of your job? I love talking to customers and getting their feedback. Praise is always welcome, but the occasional criticism is important, too. We can always improve and make changes based on what we're hearing in the dining room.

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In the foodie community the "100 Mile Menu" is definitely here to stay, and "locavore" is a buzz word for all the right reasons. You can find the freshest sustainable ingredients locally to create unique seasonal dishes that are true to your region.

Recently at The Arrow & The Loon pub, I was delighted to find that when craft brewers put their spin on this thinking the results are decadent, delicious and distinctively Canadian. Maple syrup has just been crowned the newest superfood. Researchers findings show that it contains the same kind of antioxidant properties found in berries, red wine, flax seed and teas. That's great news to farmers of this natural unrefined sweetener. Canada produces more than 80 percent of the world's supply.

To commemorate the six-week maple harvest season, Prince Edward County's Barley Days Brewery has released its third annual Sugar Shack Ale using maple syrup from Fosterham Farms located just outside of the Sandbanks Provincial Park. The beer is deep clear and ruby red with a tight tan head. An intoxicating aroma of pure maple is followed by the huge refreshing flavours of dark ale, maple syrup and raw natural sugars – sinfully sweet yet surprisingly drinkable.

Sugar Shack Ale would be absolutely amazing in a reduction or glaze with pork, sausage, salmon, or after dinner with cheesecake. Slainte!

Barley Days Sugar Shack Ale is available for a limited time at The Arrow & The Loon.

DANIEL DAYTON

▶ Alex Nichols adding the syrup at Barley Days Brewery

Upcoming Events

GAY COOK
OTTAWA@METRONEWS.CA

All over the city there are exiting functions to help you expand your palette or knowledge of food, wine, and culture. Here are a few events that you might not have heard of:

1

Discover Italian Red Wines. Looking for an introduction to Italian wines, treat yourself to this seminar at Divino Wine Studio. Sommelier Eric Diotte will lead you through each of the regions of Italy.
Saturday, April 16, 4p.m.

2

Royal ParTea. If you can't make it to the upcoming royal wedding, enjoy a royal afternoon tea in support of the Ottawa Regional Cancer Centre at the Museum of Nature. There will be delicious treats, a walk-about spring fashion show, and even swag bags.
Thursday, April 21, 1p.m.

3

A Taste Along the Danube takes place in the Urban Element Cooking Studio. Eight red, white and rose wines from countries that border the beautiful Danube River will be featured. It will offer a "new" insight into the "Old World" of wines.
Saturday, April 23, 1p.m.

4 sports

Senators preview

Canadiens at Senators
7 p.m.
TV: CBC
Radio: AM 1200

Montreal (43-30-7) can now set its sights on preparing for the playoffs. The Canadiens clinched a post-season berth for the fourth straight season with a 2-1 overtime win Tuesday night over Chicago. P.K. Subban's power-play goal 1:19 into the extra session clinched the win for Montreal.

Ottawa (31-39-10) has won two of three and four of its last five at home. Jason Spezza had a goal and three assists to lead the Senators past the slumping Philadelphia Flyers 5-2 on Tuesday night. Craig Anderson was solid in goal, stopping 27 shots.
THE CANADIAN PRESS

So far. So good

▶▶ Canadian skip Jeff Stoughton, centre, celebrates his team's win over the Czech Republic with teammates, from left, third Jonathan Mead, lead Steve Gould and second Reid Carruthers yesterday.

THE CANADIAN PRESS

Stoughton's 9-0 team in ideal spot with playoffs on horizon

Canada's Jeff Stoughton secured a playoff berth and a top-two finish in the preliminary round at the Ford World Curling Championship in Regina yesterday. Victories over Sweden and the Czech Republic put Canada at 9-0 with four draws remaining in the preliminary round. Stoughton's Winnipeg team remained the only unbeaten country in the 12-team field.
Canada downed Sweden's Niklas Edin 10-6 after beating Jiri Snitil of the Czech Republic 9-4. The No. 1 and No. 2 meet tomorrow with the winner advancing directly to Sunday's final.

Jays look at Big-O

President and GM discuss the possibility of bringing MLB back to Olympic Stadium

Toronto Blue Jays president Paul Beeston says he's open to the idea of realizing the dreams of some Quebec fans and bringing his team to Montreal's Olympic Stadium for a visit.

"Certainly we would like to play a game in Montreal or in Quebec at some point in time," Beeston told The Canadian Press.

"I think it would be a terrific idea."

Montreal has been without its own baseball team since Major League Baseball moved the team to Washington in 2004 and changed the name to the Nationals.

"I grew up there, became a baseball fan there with the Expos."
BLUE JAYS GM ALEX ANTHOPOULOS

The Blue Jays do have a Montreal connection — general manager Alex Anthopoulos was born in the city.

"We actually have a Montreal-born general manager whose family is still there, whose roots are in Montreal, so it would be like him taking his team home," Beeston said.

Beeston made his comments in the interview in response to fan postings on a blog on the website of Montreal radio station CKAC Sports.

Anthopoulos said it's an exciting idea.

"You never forget where you came from and I know how passionate the fan base is there, both French and English," Anthopoulos said before the Jays' 5-3 win over Oakland last night.

Fans said Beeston has to build loyalty among Montreal's Jays supporters now that some of the team's games are being broadcast in French on CKAC.

Several fans wrote that they weren't deterred when it was suggested that Olympic Stadium, the former home of the Expos, is no longer equipped for baseball.

"If we can build an 80,000-seat stadium for two U2 concerts, we can certainly spend a few dollars to stage a baseball game," wrote a man who identified himself as Frank.

Beeston noted the team played exhibition games in "the old days" in Vancouver, Ottawa and Calgary.

But he said it is too early to suggest when the team might make a swing through La Belle Province.
THE CANADIAN PRESS

Bonds' defence declines to call witnesses to the stand

Barry Bonds' confident defence team rested its case yesterday without calling a single witness, just minutes after a federal judge accepted the government's request to dismiss one of the five counts against the home-run king.

Prosecutors called 25 witnesses over 2 ½ weeks, but the defence needed just one minute to present its side.

Once indicted on as many as 15 counts, Bonds will face just four charges when the jury starts deliberations.

A decision could come as early as tomorrow.
THE ASSOCIATED PRESS

Colangelo refutes Knicks rumours

Toronto Raptors general manager Bryan Colangelo scoffed at the idea yesterday that he could be heading to New York when his contract expires June 30. He said his "preference is to complete" the rebuilding plan in Toronto.

A New York Post article suggested he would be the perfect replacement for Knicks president Donnie Walsh. THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Washington	81	48	22	5	6	224	196	107	25-8-2-6	23-14-3-0	7-2-0-1	W4
dx-Philadelphia	80	46	23	4	7	249	215	103	21-12-2-5	25-11-2-2	3-4-0-3	L4
y-Boston	80	45	24	5	6	241	191	101	21-13-3-3	24-11-2-3	6-3-0-1	W1
x-Pittsburgh	80	47	25	5	3	225	196	102	25-14-2-0	22-11-3-3	7-3-0-0	W2
x-Tampa Bay	80	44	25	5	6	237	236	99	24-11-1-4	20-14-4-2	5-3-1-1	L1
x-Montreal	80	43	30	4	3	210	205	93	24-11-3-3	19-19-1-0	5-5-0-0	W2
Buffalo	80	41	29	9	1	236	222	92	20-16-3-1	21-13-6-0	7-1-2-0	W2
NY Rangers	80	43	32	2	3	228	193	91	19-16-1-3	24-16-1-0	7-2-0-1	W2
Carolina	80	39	30	6	5	228	232	89	22-13-3-2	17-17-3-3	7-2-1-0	W1
Toronto	81	37	33	5	6	217	247	85	18-14-3-5	19-19-2-1	6-3-0-1	L2
New Jersey	80	37	38	3	2	169	202	79	21-16-2-1	16-22-0-2	4-5-0-1	W1
Atlanta	79	33	34	5	7	217	258	78	17-15-2-5	16-19-3-2	4-6-0-0	L2
Ottawa	80	31	39	5	5	188	245	72	15-20-2-3	16-19-3-2	5-3-0-1	W1
NY Islanders	80	30	38	7	5	222	253	72	17-18-1-4	13-20-6-1	3-6-1-0	L2
Florida	80	29	39	5	7	192	225	70	15-17-4-4	14-22-2-2	1-6-0-3	L9

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	80	52	19	4	5	254	183	113	26-9-1-4	26-10-3-1	7-3-0-0	L2
y-San Jose	79	47	23	4	5	240	202	103	24-11-2-3	23-12-2-2	8-1-0-1	W4
y-Detroit	80	46	24	6	4	255	234	102	21-13-4-2	25-11-2-2	4-4-2-0	L1
Nashville	80	43	26	7	4	215	191	97	23-9-5-3	20-17-2-1	8-1-1-0	W1
Los Angeles	79	45	28	4	2	214	191	96	24-12-3-0	21-16-1-2	6-3-1-0	L1
Phoenix	79	42	25	7	5	224	217	96	20-13-4-3	22-12-3-2	7-2-0-1	L1
Anaheim	79	44	30	3	2	228	231	93	24-13-1-1	20-17-2-1	7-3-0-0	L2
Chicago	79	42	28	4	5	247	216	93	23-16-0-0	19-12-5-4	5-4-1-0	L2
Dallas	79	40	28	4	7	217	224	91	21-11-3-5	19-17-1-2	3-4-2-1	W2
Calgary	80	40	29	4	7	242	233	91	22-13-1-3	18-16-3-4	4-4-1-1	W2
St. Louis	80	37	33	4	6	235	230	84	22-13-1-4	15-20-3-2	6-3-0-1	W2
Minnesota	79	37	34	3	5	198	224	82	18-17-2-3	19-17-1-2	2-7-1-0	L2
Columbus	80	34	33	5	8	210	249	81	17-18-1-4	17-15-4-4	2-5-2-1	L4
Colorado	79	29	42	7	1	219	278	66	15-20-4-0	14-22-3-1	3-7-0-0	L2
Edmonton	79	25	43	2	9	188	256	61	13-21-1-5	12-22-2-3	2-6-0-2	W2

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results
New Jersey 4 Toronto 2
Boston 3 N.Y. Islanders 2
Carolina 3 Detroit 0
Washington 5 Florida 2
St. Louis at Chicago
Edmonton at Calgary
San Jose at Anaheim
Phoenix at Los Angeles

Tuesday's results
Edmonton 2 Vancouver 0
Montreal 2 Chicago 1 (OT)
Ottawa 5 Philadelphia 2
Washington 3 Toronto 2 (SO)
Buffalo 4 Tampa Bay 2
Dallas 3 Columbus 0
Nashville 6 Atlanta 3
Pittsburgh 4 New Jersey 2
St. Louis 3 Colorado 1

Tonight's games
Atlanta at N.Y. Rangers, 7 p.m.
Montreal at Ottawa, 7:30 p.m.
Colorado at Dallas, 8:30 p.m.
Minnesota at Vancouver, 10 p.m.

DEVILS 4, MAPLE LEAFS 2

First Period
1. New Jersey, Kovalchuk 30 (Josefson, Fayne) 13:47 (pp)
Penalty — Crabb Tor (boarding) 11:54.
Second Period
2. New Jersey, Tedenby 8 (Kovalchuk, Elias) 14:29
3. New Jersey, Tallinder 5 (Mair, Pelley) 15:34
Penalty — Toronto bench (too many men; served by MacArthur) 19:39.
Third Period
4. Toronto, Kessel 31 (Lupul, Lashoff) 6:18 (pp)
5. Toronto, Bozak 15, 12:42 (sh)
6. New Jersey, Elias 20, 19:50 (en)
Penalties — Aulie Tor (cross-checking) 1:47, Josefson NJ (holding) 5:05, Kulemin Tor (interference) 11:02, Phaneuf Tor (elbowing) 12:34.
Shots on goal by

Toronto	11	6	7	24
New Jersey	11	10	12	33

Goal (shots-saves) — Toronto: Reimer (L,20-9-5)(21-18), Giguere (start third)(11-11); New Jersey: Brodeur (W,23-25-3).
Power plays (goals-chances) — Toronto: 1-1; New Jersey: 1-5.
Referees — Don Van Massenhoven, Ian Walsh.
Linesmen — Jean Morin, Thor Nelson.
Att.— 14,207 (17,625) at Newark, N.J.

LATE TUESDAY

SENATORS 5, FLYERS 2

First Period
1. Philadelphia, Richards 22 (Timonen, Giroux) 3:40 (pp)
2. Ottawa, Foligno 14 (Spezza, Kuba) 15:37 (pp)
Penalties — Condra Ott (hooking) 3:17, Holmstrom Pha (fighting), Neil Ott (instigating, fighting, misconduct) 4:59, Foligno Ott (tripping) 12:13, Meszaros Pha (interference) 13:59.
Second Period
3. Philadelphia, Richards 23 (Zherdev, Timonen) 15:56 (pp)
4. Ottawa, Shannon 11 (Spezza, Kuba) 18:22 (pp)
5. Ottawa, Butler 8 (Smith, Spezza) 19:46
Penalties — Hartnell Pha (holding) 2:47, Lessard Ott (tripping) 7:32, Benoit Ott (hooking) 11:32, Michalek Ott (high-sticking) 14:24, Syvret Pha (holding) 17:02.
Third Period
6. Ottawa, Spezza 20 (Shannon, Butler) 8:03 (pp)
7. Ottawa, Michalek 18 (Winchester, Hale) 18:42 (en)
Penalties — Meszaros Pha(high-sticking) 1:14, Carcillo Pha (holding) 7:12.
Shots on goal by

Philadelphia	5	13	11	29
Ottawa	12	12	12	36

Goal — Philadelphia: Bobrovsky (L,28-13-7); Ottawa: Anderson (W,23-20-4).
Power plays (goals-chances) — Philadelphia: 2-6; Ottawa: 3-5.
Referees — Francois St. Laurent, Don Van-Massenhoven. **Linesmen** — Steve Barton, Scott Cherrey.
Att. — 18,397 (19,153) at Ottawa.

CANADIENS 2, BLACKHAWKS 1 (OT)

First Period
No Scoring.
Penalties — Subban Mtl (hooking) 17:40, Hamrlik Mtl (interference) 19:54.
Second Period
1. Montreal, Cammalleri 18 (Kostitsyn, Mara) 6:55
2. Chicago, Kane 27 (Brouwer, Seabrook) 10:05
Penalties — Toews Chi (interference) 0:46, Stalberg Chi (holding), Kostitsyn Mtl (tripping) 7:42, Subban Mtl (delay of game) 12:45.
Third Period — No Scoring.
Penalties — Kopecky Chi (goaltender interference) 10:17, Kostitsyn Mtl (holding) 13:20.
Overtime
3. Montreal, Subban 14 (Kostitsyn, Cammalleri) 1:13 (pp)
Penalty — Toews Chi (tripping) 0:37.
Shots

Chicago	9	14	20	—43
Montreal	12	12	9	2—35

Goal — Chicago: Crawford (L,31-17-6) Montreal: Price (W,37-28-6). **Power plays (goals-chances)**@ — Chicago: 0-5. Montreal: 1-4.
Referees — Eric Furlatt, Brian Pochmara.
Linesmen — Tony Sericolo, Pierre Champoux.
Att. — 21,273 (21,273) at Montreal.

BLUES 3, AVALANCHE 1

First Period
1. St. Louis, Backes 30 (Shattenkirk, McDonald) 14:55
2. Colorado, K.Porter 14 (Olver, Duchene) 16:42
Penalties — Reaves StL (tripping) 5:13, Yip Col (elbowing) 10:12, Koci Col, Janssen StL (fighting, game misconduct), McLeod Col, Reaves StL (fighting) 17:33.
Second Period
3. St. Louis, Shattenkirk 9 (Colaiacovo, McDonald) 4:07 (pp)
Penalties — Holos Col (high-sticking) 2:27, O'Byrne Col (cross-checking) 2:39.
Third Period
4. St. Louis, McDonald 20 (Nikitin) 19:20 (en)
Penalties — Wilson Col, Oshie StL (fighting) 5:08, Reaves StL (interference) 8:31, K.Porter Col (fighting), Stoa Col (roughing, tripping), Olver Col, Sobotka StL (unsportsmanlike conduct, misconduct), Jackman StL (roughing, misconduct), Crombeen StL (instigator, fighting, misconduct) 9:17.
Shots

Colorado	12	6	9—27
St. Louis	7	12	10—29

Goal — Colorado: Budaj (L,14-20-4); St. Louis: Halak (W,26-21-7).
Power plays (goals-chances) — Colorado: 0-2; St. Louis: 1-3.
Referees — Stephane Auger, Kelly Sutherland.
Linesmen — Scott Driscoll, Vaughan Rody.
Att. — 19,150 (19,150) at St. Louis, Mo.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	41	59	100
St. Louis, TB	30	65	95
Perry, Ana	47	46	93
H.Sedin, Vcr	19	73	92

Not including last night's games

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	4	1	.800	—
Toronto	4	1	.800	—
New York	3	2	.600	1
Boston	0	4	.000	3½
Tampa Bay	0	5	.000	4

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	4	2	.667	—
Chicago	3	2	.600	½
Cleveland	2	2	.500	1
Detroit	2	3	.400	1½
Minnesota	2	3	.400	1½

WEST DIVISION

	W	L	Pct	GB
Texas	6	0	1.000	—
Los Angeles	3	3	.500	3
Seattle	2	4	.333	4
Oakland	1	4	.200	4½

Yesterday's results
L.A. Angels 5 Tampa Bay 1
Texas 7 Seattle 3
Chicago White Sox 10 Kansas City 7, 12 innings
Detroit 7 Baltimore 3
Boston at Cleveland
Minnesota at New York, ppd., rain
Toronto 5 Oakland 3

Tuesday's results
Toronto 7 Oakland 6 (10 ings)
Cleveland 3 Boston 1
Kansas City 7 Chicago White Sox 6 (12 ings)
L.A. Angels at Tampa Bay
Minnesota 5 N.Y. Yankees 4 (10 ings)
Texas 3 Seattle 2

Today's games
Boston at Cleveland, 12:05 p.m.
Oakland at Toronto, 12:37 p.m.
Minnesota at N.Y. Yankees, 1:05 p.m.
Tampa Bay at Chicago White Sox, 2:10 p.m.
Detroit at Baltimore, 7:05 p.m.

Tomorrow's games
N.Y. Yankees at Boston, 2:05 p.m.
Kansas City at Detroit, 3:05 p.m.
Oakland at Minnesota, 4:10 p.m.
Texas at Baltimore, 7:05 p.m.
Tampa Bay at Chicago White Sox, 8:10 p.m.
Toronto at L.A. Angels, 10:05 p.m.
Cleveland at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	4	1	.800	—
Atlanta	3	2	.600	1
New York	3	2	.600	1
Florida	2	2	.500	1½
Washington	1	3	.250	2½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	4	0	1.000	—
Pittsburgh	4	2	.667	1
Chicago	3	3	.500	2
St. Louis	2	4	.333	3
Milwaukee	1	4	.200	3½
Houston	0	4	.000	4

WEST DIVISION

	W	L	Pct	GB
Colorado	3	1	.750	—
San Diego	3	2	.600	½
Los Angeles	3	3	.500	1
Arizona	2	3	.400	1½
San Francisco	2	4	.333	2

Yesterday's results
Pittsburgh 3 St. Louis 1
Arizona 6 Chicago Cubs 4
Colorado 7 L.A. Dodgers 5
San Francisco 8 San Diego 4
Philadelphia 10 N.Y. Mets 7
Houston at Cincinnati
Washington at Florida
Atlanta at Milwaukee

Tuesday's results
Chicago Cubs 6 Arizona 5
Cincinnati 8 Houston 2
Colorado 3 L.A. Dodgers 0
Florida 3 Washington 2 (10 ings)
Milwaukee 1 Atlanta 0
N.Y. Mets 7 Philadelphia 1
San Diego 3 San Francisco 1
St. Louis 3 Pittsburgh 2

Today's games
Houston at Cincinnati, 12:35 p.m.
Colorado at Pittsburgh, 1:35 p.m.
Atlanta at Milwaukee, 1:40 p.m.
N.Y. Mets at Philadelphia, 3:05 p.m.
Washington at Florida, 7:10 p.m.

Tomorrow's games
Washington at N.Y. Mets, 4:10 p.m.
St. Louis at San Francisco, 4:35 p.m.
Colorado at Pittsburgh, 7:05 p.m.
Florida at Houston, 7:05 p.m.
Philadelphia at Atlanta, 7:35 p.m.
Chicago Cubs at Milwaukee, 8:10 p.m.
Cincinnati at Arizona, 9:40 p.m.
L.A. Dodgers at San Diego, 10:05 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	3	2	1	0	2	1	6
New England	3	1	0	2	4	3	5
New York	3	1	0	2	2	1	5
Chicago	2	1	0	1	4	3	4
Kansas City	3	1	1	1	8	8	4
Toronto	3	1	1	1	5	5	4
Columbus	3	1	1	1	3	3	4
D.C. United	3	1	2	0	5	7	3
Houston	3	0	1	2	2	3	2

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Colorado	3	3	0	0	8	2	9
Los Angeles	4	2	1	1	4	5	7
Real Salt Lake	2	2	0	0	5	1	6
Vancouver	3	1	1	1	7	6	4
San Jose	3	1	1	1	4	3	4
Seattle	4	0	2	2	3	5	2
Chivas USA	3	0	2	1	3	5	1
Portland	3	0	2	1	2	6	1
Dallas	3	0	2	1	1	5	1

Note: Three points for win, one point for tie.
Last night's result
New England at Vancouver

UEFA

CHAMPIONSHIP LEAGUE

Yesterday's results
Barcelona 5 Shakhtar Donetsk 1
Chelsea 0 Manchester United 1

CONCACAF

CHAMPIONS LEAGUE

Yesterday's result
Cruz Azul vs. Monterrey

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Celtic 3 Hibernian 1
Motherwell 2 Dundee United 1
St Mirren 3 Aberdeen 2

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	57	20	.740	—
y-Boston	54	23	.701	3
y-Miami	54	23	.701	3
x-Orlando	50	29	.633	8
x-Atlanta	44	34	.564	13½
x-New York	40	38	.513	17½
x-Philadelphia	40	39	.506	18
x-Indiana	36	43	.456	22
Charlotte	32	46	.410	25½
Milwaukee	31	46	.403	26
Detroit	27	51	.346	30½
New Jersey	24	54	.308	33½
Washington	21	57	.269	36½
Toronto	21	57	.269	36½
Cleveland	17	61	.218	40½

WESTERN CONFERENCE

	W	L	Pct	GB
y-San Antonio	59	19	.756	—
y-L.A. Lakers	55	22	.714	3½
x-Dallas	53	24	.688	5½
x-Oklahoma City	51	26	.662	7½
x-Denver	47	30	.610	11½
x-Portland	45	33	.577	14
New Orleans	44	33	.571	14½
Memphis	44	34	.564	15
Houston	41	37	.526	18
Phoenix	37	40	.481	21½
Utah	37	41	.474	22
Golden State	34	44	.436	25
L.A. Clippers	31	47	.397	28
Sacramento	23	54	.299	35½
Minnesota	17	61	.218	42

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Last night's results
Orlando 111 Charlotte 102 (OT)
Indiana 136 Washington 112
New York 97 Philadelphia 92
Cleveland 104 Toronto 96
Detroit 116 New Jersey 109
Phoenix at Minnesota
Houston at New Orleans
L.A. Clippers at Oklahoma City
Milwaukee at Miami
Sacramento at San Antonio
Denver at Dallas
L.A. Lakers at Golden State

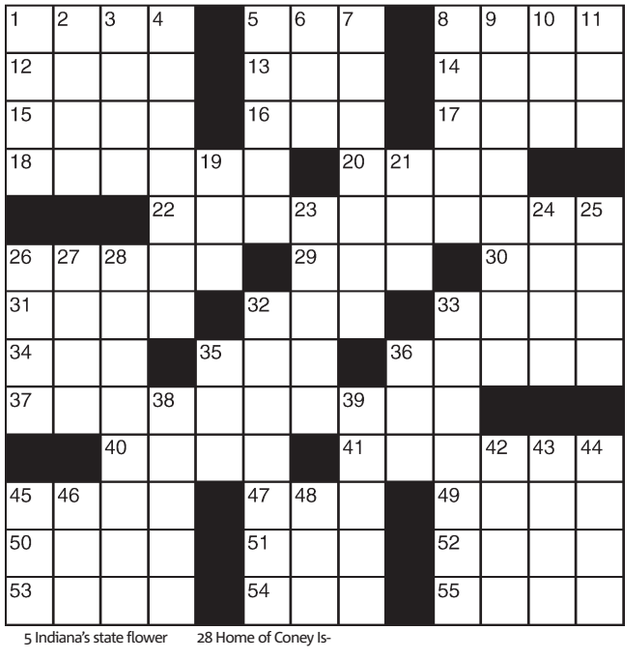
CURLING

WORLD MEN'S CHAMPIONSHIP

At Regina
Yesterday's results
Draw 12
Canada 9 Czech Republic 4
France 8 Switzerland 7
Norway 9 Denmark 2
U.S. 8 South Korea 4
Draw 13
Canada 10 Sweden 6
China 9 South Korea 5
Germany 6 France 5
Scotland 7 Denmark 3
Draw 14, 9:30 p.m.
U.S. vs. China; Norway vs. Scotland; Germany vs. Switzerland; Czech Republic vs. Sweden.
Today's games
Draw 15, 10:30 a.m.
Scotland vs. France; **Canada** vs. China; South Korea vs. Sweden; Germany vs. Denmark.
Draw 16, 3:30 p.m.
Czech Republic vs. Germany; Sweden vs. Switzerland; China vs. Norway; Scotland vs. U.S.
Draw 17, 9:30 p.m.
South Korea vs. Switzerland; Denmark vs. Czech Republic; U.S. vs. France; Norway vs. **Canada.**

SPRING/SUMMER 2011
CO-ED ADULT SPORT LEAGUES
Individual & Team Registration Deadline: April 29th
Fun! Zumba Grass Volleyball Golf Dodgeball Soccer Ultimate Beach Volleyball All-Sorts-of-Sports Flag Football Softball
Basketball Kickball Inner Tube Water Polo Core Kickinboxing Friends! Boot Camp Floor Hockey Beach Volleyball Team!
OSSC.ca | info@ossc.ca | 613.565.TEAM
The Royal Oak Meet me at the Oak!
BUD LIGHT
OTTOS SUBARU
Holistic Clinic
Booster Juice
ALEXANDER KEITH'S

Crossword



Across

1 Glaswegian girl
5 Without delay
8 Dumbfounds
12 Touch
13 — de Cologne
14 Infamous lyre player
15 Swerve
16 Harem room
17 Rainout cover
18 Reach
20 Ocean-going vessel
22 Scram
26 Turkic tongue
29 Mystery author Stout
30 Hoopsters' org.
31 Evergreens
32 Blossom-to-be
33 Londoner or Liverpudlian
34 Lennon's lady
35 "Holy cow!"
36 19th president
37 Eagles' assembly?
40 Recognize
41 Gave the same old story
45 Puncturing tools
47 Early bird?
49 Concept
50 Sauce source
51 Bambi's aunt
52 Really move
53 Shetland —
54 Sister
55 Sea flier

Down

1 Volcano outflow
2 Help a hood
3 Fat
4 Shoots from a plane
5 Indiana's state flower
6 Old man
7 Suppressed completely
8 Bit of tomfoolery
9 Arms
10 Blunder
11 Bribe
19 Sort
21 Whammy
23 "— words were never spoken"
24 Stage statuette
25 Butter servings
26 Venusian vessels?
27 Galvanizing stuff
28 Home of Coney Island
32 Intermediate to
33 Christen
35 Bygone muscle car
36 Weeding tool
38 Recant
39 Spleen or pancreas
42 Smell
43 Ponce de —
44 Knighted woman
45 Cleopatra's slayer
46 Court
48 Serengeti beast

▶ Yesterday's answer

Sudoku

	6		7	4	3		1	
9								8
		5				4		
4	1		6		7		8	3
				3				
8	7		5		2		4	9
		7				2		
6								1
	8		3	2	4		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	2	3	6	7	8	5	1	4
1	8	6	4	2	5	9	3	7
4	5	7	9	1	3	2	6	8
8	7	1	2	9	4	6	5	3
6	9	5	3	8	7	4	2	1
3	4	2	1	5	6	8	7	9
7	1	8	5	4	2	3	9	6
5	3	9	8	6	1	7	4	2
2	6	4	7	3	9	1	8	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

PJ, You are the most amazing, and gorgeous woman alive! idk what id do without you in my life. i love you more and more each day! soo when times get ruff.. take my hand, and lets runaway!!! **KROSE**

Binko,
Im truly sorry for everything that has happened. I love you and you love me so lets work together to be the best we can be.
LOVE YOU PRECIOUS BINKA

Donkey,
Happy 27th Birthday and all the best to you on ur special day <3 I can't wait to spoil u with all the surprises I have planned & make ur day a super sexy time :D
I love u more with each passing day & can't wait 2 share many more of ur birthdays celebrating together xoxo
LOVE, LITTLE DONKEY

Today 7°/-1° Sunny
Friday 12°/1° Partly cloudy

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Put other people's needs ahead of your own today and be happy to do so. Self-sacrifice is good.
♉ Taurus April 21-May 21 You have a talent for getting people to work together. It is a talent that will come in use.
♊ Gemini May 22-June 21 Someone wiser will take you under his or her wing.
♋ Cancer June 22-July 22 Someone you have clashed with is growing on you. In time, you two may become friends.
♌ Leo July 23-Aug.23 A money matter that has been causing you problems will be resolved.
♍ Virgo Aug. 24- Sept. 22 An important relationship may have been a bit strained. With love, it will be easy make up.
♎ Libra Sept. 23-Oct. 23 Focus on reality and don't waste your precious time on wishful thinking. Be practical.
♏ Scorpio Oct. 24-Nov. 22 Creatively and romantically, this should be a good day but there's also some doubt.
♐ Sagittarius Nov. 23-Dec. 21 Spend time with people you are close to emotionally.
♑ Capricorn Dec. 22-Jan. 20 You want to have fun, but duty is holding you back. Something needs to be done first.
♒ Aquarius Jan. 21-Feb. 18 You may have big ideas and big plans but how are you going to finance them?
♓ Pisces Feb. 19-March 20. Get urgent tasks out of the way first — after that the day is your own. **SALLY BROMPTON**

Caption contest

KERSTIN JOENSSON/ THE ASSOCIATED PRESS

JAROSLAV PODHORSKY

WIN!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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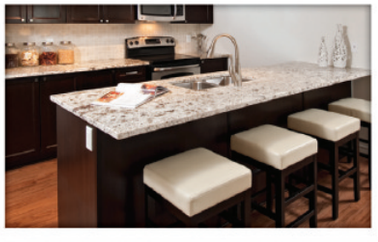

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